



WHATSheATE



Spicy Baja Beef Tortillas

READY IN



12 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chipotles in adobo canned for another use (reserve chiles)
- ☐ 1 avocado ripe peeled coarsely chopped
- ☐ 0.3 cup pepper rings
- ☐ 6 ounces roast beef low-sodium thinly sliced (such as Boar's Head)
- ☐ 5 cups the salad
- ☐ 0.3 cup cream light sour
- ☐ 1 cup tomatoes refrigerated
- ☐ 4 6-inch tortillas whole wheat low-fat ()

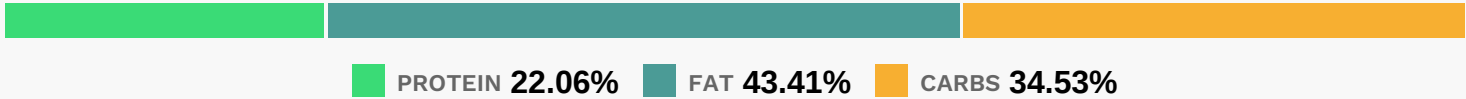
Equipment

☐ bowl

Directions

- ☐ Combine 1/4 cup sour cream and adobo sauce in a small bowl, stirring well.
- ☐ Place 1 tortilla on each of 4 plates.
- ☐ Spread 1 tablespoon sour cream mixture over each tortilla. Top each evenly with salad greens; arrange beef over greens.
- ☐ Combine tomato, pepper rings, and avocado in a medium bowl; toss gently. Top beef evenly with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:14.002608649109%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 243.32kcal (12.17%), Fat: 12.24g (18.83%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 15.99g (5.81%), Sugar: 2.75g (3.05%), Cholesterol: 29.27mg (9.76%), Sodium: 844.28mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14g (27.99%), Vitamin C: 40.99mg (49.69%), Fiber: 5.92g (23.68%), Vitamin B3: 4.54mg (22.7%), Calcium: 201.81mg (20.18%), Vitamin A: 998.99IU (19.98%), Vitamin B6: 0.37mg (18.6%), Folate: 70.24µg (17.56%), Potassium: 567.54mg (16.22%), Phosphorus: 146.85mg (14.68%), Zinc: 2.1mg (13.98%), Vitamin B12: 0.78µg (13.05%), Vitamin K: 13.57µg (12.92%), Iron: 2.31mg (12.83%), Vitamin B2: 0.17mg (9.82%), Manganese: 0.2mg (9.77%), Vitamin B5: 0.92mg (9.19%), Copper: 0.17mg (8.73%), Magnesium: 34.54mg (8.63%), Vitamin E: 1.28mg (8.56%), Vitamin B1: 0.09mg (5.82%), Selenium: 3.7µg (5.28%)